



Quick Lamb Kofta with Yogurt Sauce

A delicious dinner – have your ingredients ready for an easy preparation.

Kofta is a Middle Eastern spicy, ground lamb dish.

Rice:

- 1 (3 ½-ounce) bag boil-in-bag rice (jasmine or regular variety)
- 1 teaspoon saffron threads (this is costly, you could use ½ teaspoon of turmeric instead)
- 2 tablespoons thinly sliced green onions

Kofta (which means ground meat with spices):

- 2 tablespoons minced fresh cilantro
 - 2 tablespoons grated fresh onion
 - 2 tablespoons Greek-style plain yogurt (non-fat Greek-style is available locally)
 - 1 teaspoon ground cumin
 - 1 teaspoon ground coriander
 - 1 teaspoon turmeric
 - 2 teaspoons bottled minced garlic
 - ¼ teaspoon salt
 - ¼ teaspoon black pepper
 - 1 pound lean ground lamb (if you cannot find ground lamb, grind your own lamb using your food processor)
- Cooking spray

Sauce:

- ½ cup Greek-style plain yogurt (non-fat)
- ¼ cup chopped bottled roasted red pepper or pimento, drained
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons bottled minced garlic
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt

1. To prepare rice, cook boil-in-bag rice and saffron or turmeric in boiling water according to package directions. Drain, fluff rice with a fork. Sprinkle with green onions.
2. While rice cooks, prepare kofta. Combine cilantro and next 9 ingredients (through lamb); shape into 12 oblong patties.
3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 10 minutes or until done, turning occasionally to brown on all sides.
4. While kofta cooks, prepare sauce. Combine ½ cup yogurt and remaining ingredients. Prepare plates with about 1/3 cup rice, 3 patties and ¼ cup sauce.

Yield: 4 servings.

Nutritional Analysis: 314 calories, 13.3 g fat, 24 g protein, 24 g carbohydrate, .8 g fiber, 67 mg cholesterol, 29 mg iron, 413 mg sodium, 72 mg calcium

Adapted by Anita Givens, RD from: Cooking Light, April 2010



Cool Spring Salad: Tasty Tuna & Bean Salad

This cool bean salad combines hearty garbanzo and cannellini beans with albacore tuna. It's easy to prepare, filled with flavorful herbs and offers a light and refreshing way to begin the spring season. Tuna is a great source of high quality protein and is low in saturated fat. The unexpected addition of olives in this version adds more depth to both its taste and texture.

- 2 Tbsp. extra virgin olive oil
- 3 cloves garlic, minced
- 1/4 cup natural rice vinegar
- Salt and ground black pepper, to taste
- 1/2 can (about 8 oz.) no salt added garbanzo beans
- 1/2 can (about 8 oz.) no salt added cannellini beans
- 1 dozen kalamata olives, pitted
- 1/2 medium red onion, sliced lengthwise into thin slivers
- 2 Tbsp. coarsely chopped fresh mint
- 2 Tbsp. coarsely chopped fresh Italian parsley
- 1 (12 oz.) can solid white albacore tuna in water, drained**
- 1/4 cup chopped red bell pepper

In small bowl whisk together oil, garlic, vinegar, salt and pepper. Set aside dressing.

In medium bowl gently toss beans, olives, onion, mint and parsley. Add tuna and sufficient dressing to coat. Gently toss and drizzle additional dressing, if needed, to thoroughly coat. Add chopped red pepper and mix well. Cover and place in refrigerator for a minimum of 30 minutes up to 24 hours before serving.

Makes 4 servings.

Per serving: 310 calories, 13 g total fat (2 g saturated fat),
20 g carbohydrate, 26 g protein, 5 g dietary fiber, 330 mg sodium.

* *Special populations, including pregnant women, nursing mothers and small children, should limit their albacore tuna consumption to no more than 6 ounces per week as part of their overall seafood intake of up to 12 ounces weekly.

Source: AICR.org

Whole Wheat Apricot Muffins



These muffins are best served warm, so reheat before serving.

Wrap in foil and heat at 350° for 10 to 15 minutes. Try using different types of dried fruit in place of the apricots, such as dried cherries or dates.

1 cup all-purpose flour
2/3 cup whole wheat flour
1/2 cup sugar
1 1/4 teaspoons grated orange rind
1 teaspoon baking soda
1/4 teaspoon salt
1 cup low-fat buttermilk
1/4 cup butter, melted
1/2 teaspoon vanilla extract
1 large egg
1 cup finely chopped dried apricots
Cooking spray

Preheat oven to 375°. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, orange rind, baking soda, and salt in a large bowl, stirring with a whisk; make a well in center of mixture. Combine buttermilk, butter, vanilla, and egg; add to flour mixture, stirring just until moist. Fold in apricots.

Spoon batter into 12 muffin cups coated with cooking spray. Bake at 375° for 15 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan, and place on a wire rack.

Nutritional Analysis per muffin: calories 167 (25% from fat); fat 4.7g (sat 2.6g, mono 1.3g, poly 0.3g); iron 1.1mg; cholesterol 29mg; calcium 37mg; carbohydrate 29g; sodium 221mg; protein 3.6g; fiber 1.9g

Source: myrecipes.com